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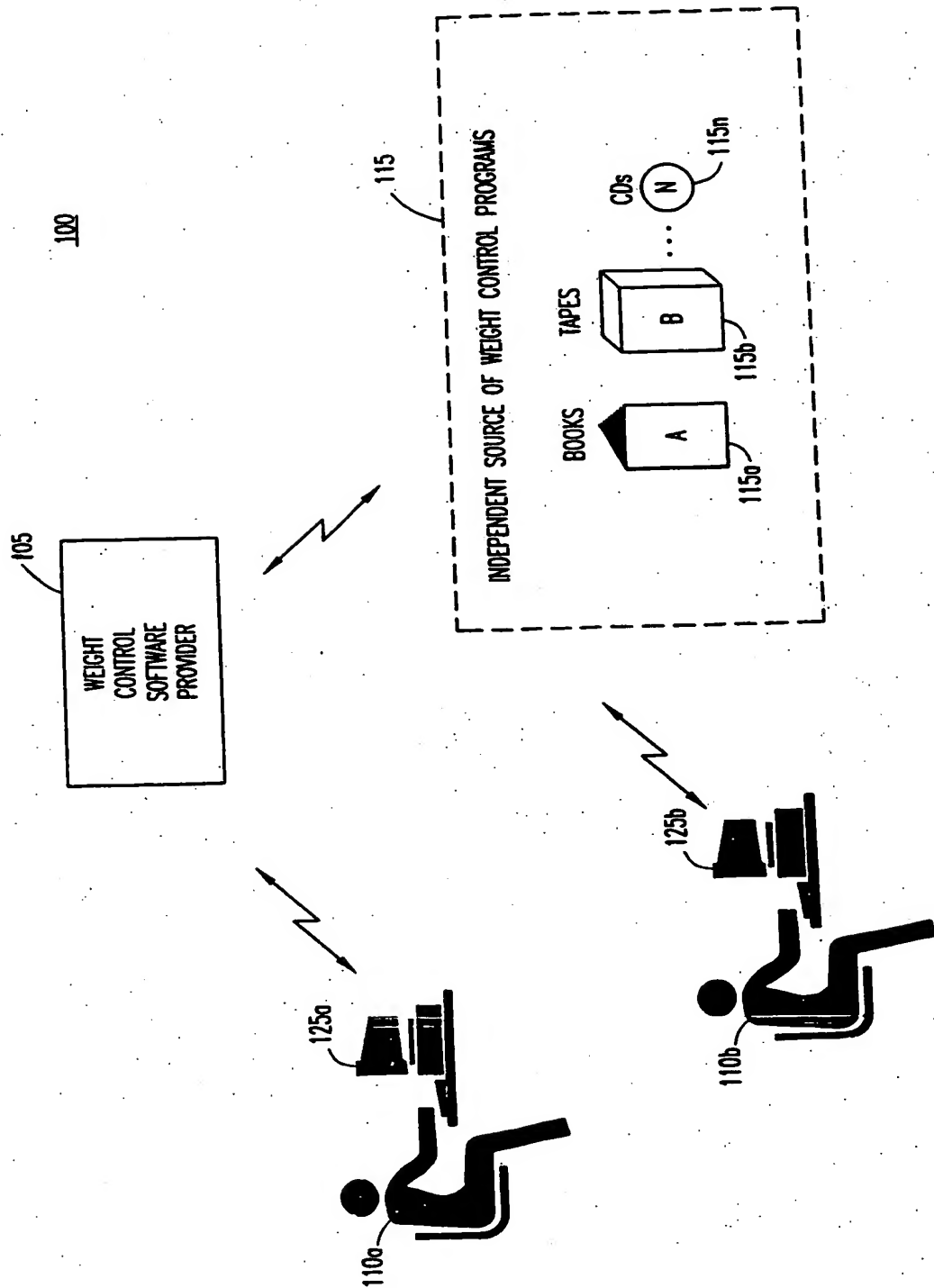


FIG. 1

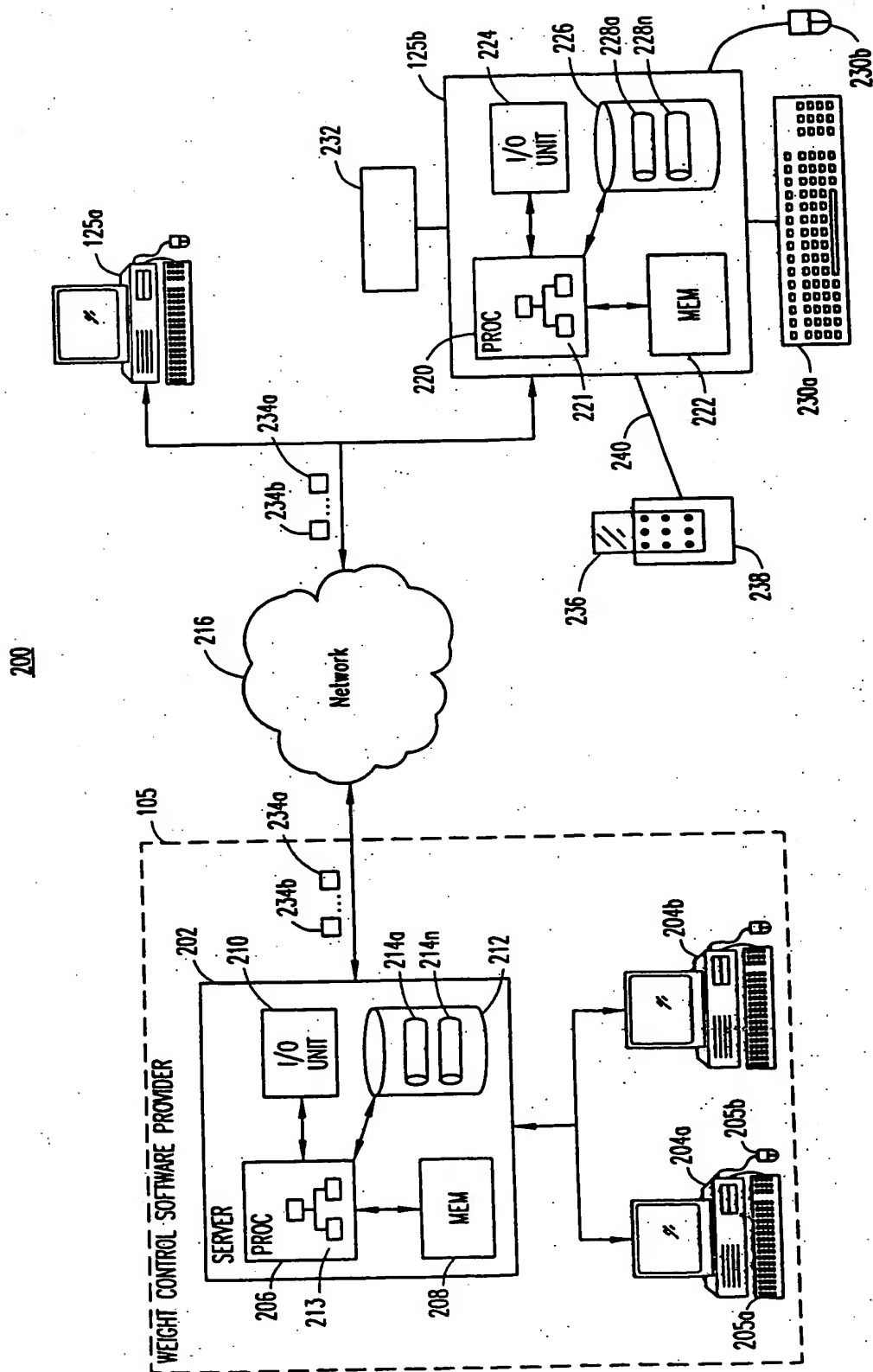


FIG. 2

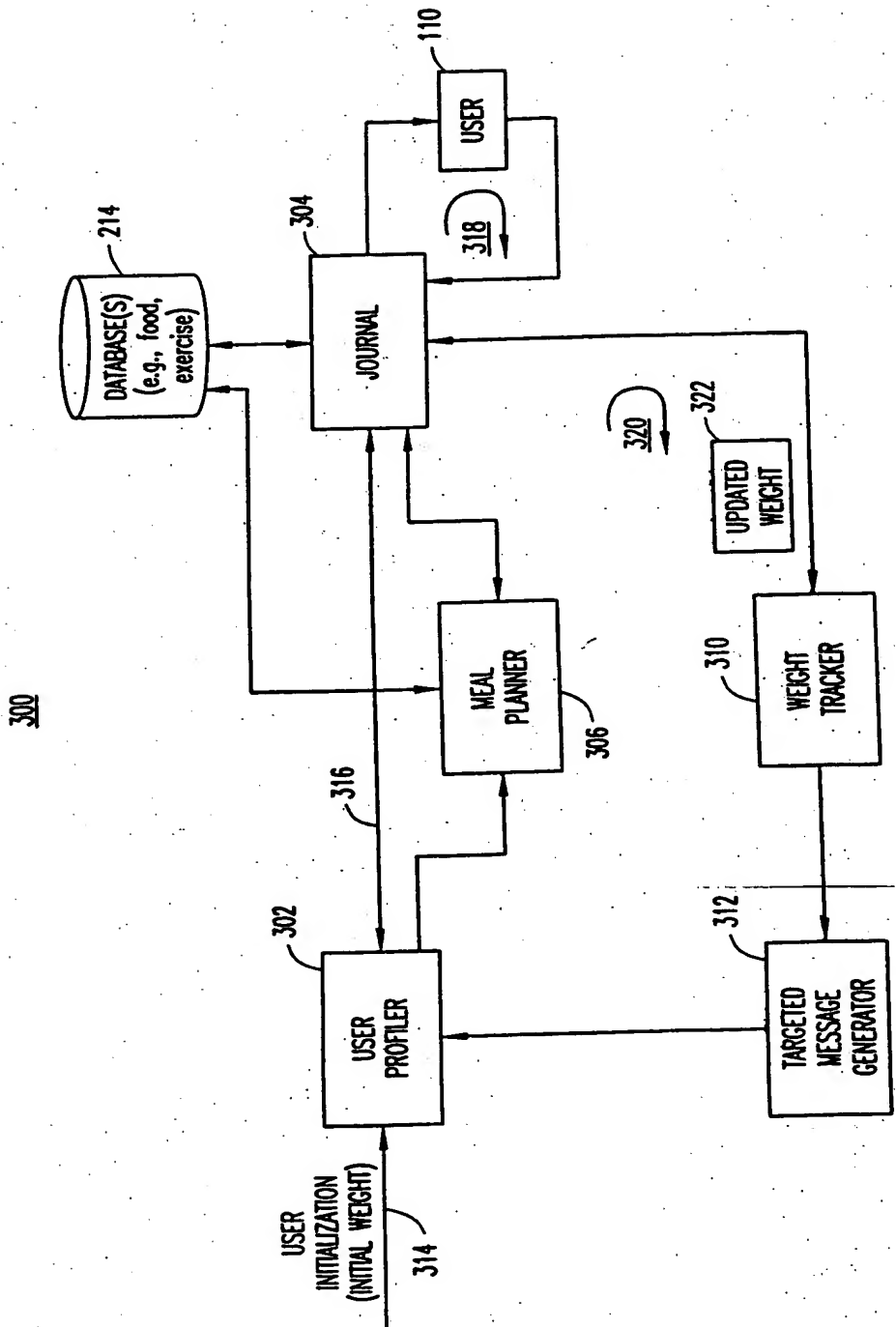


FIG. 3

4/28

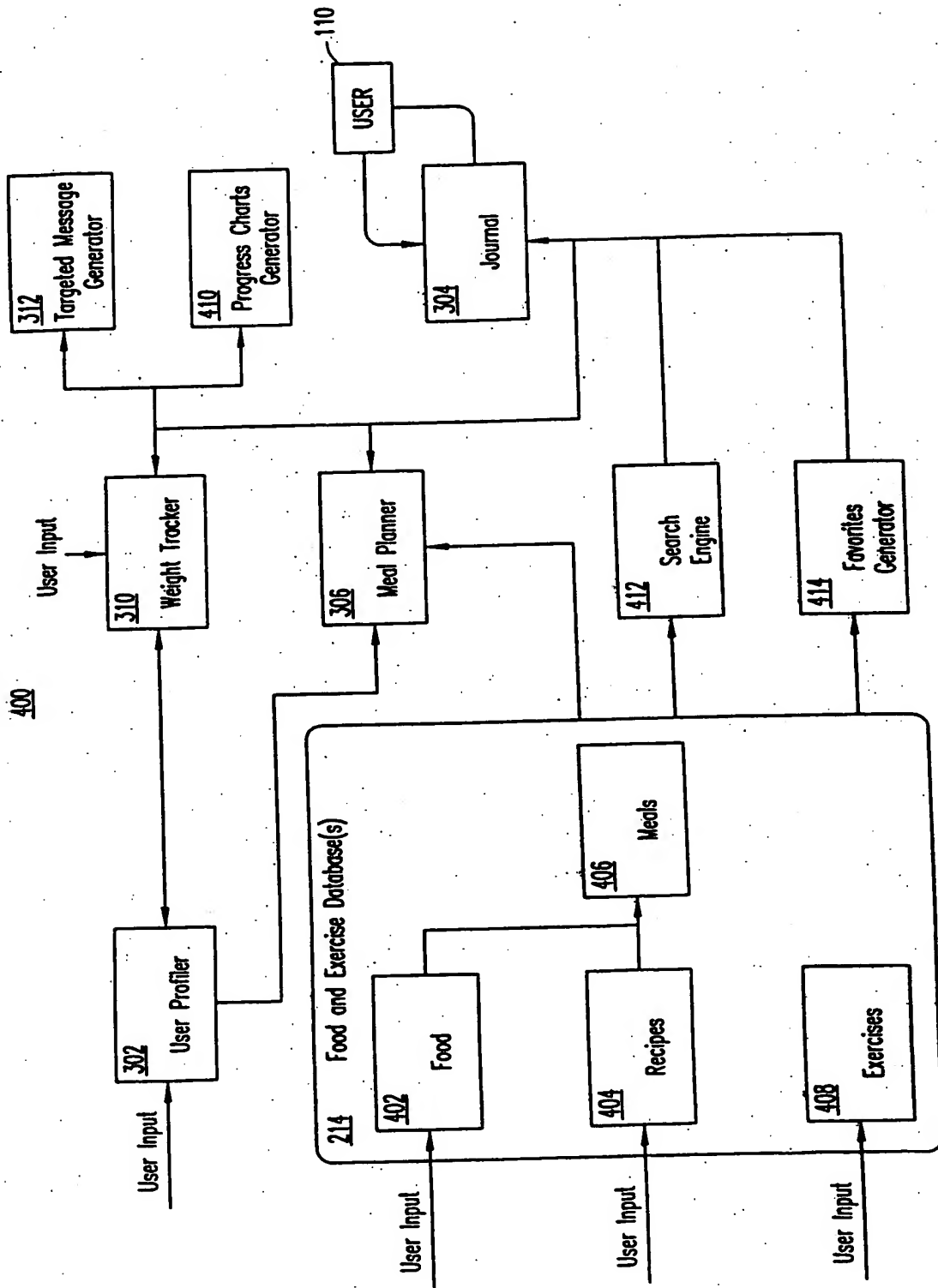


FIG. 4

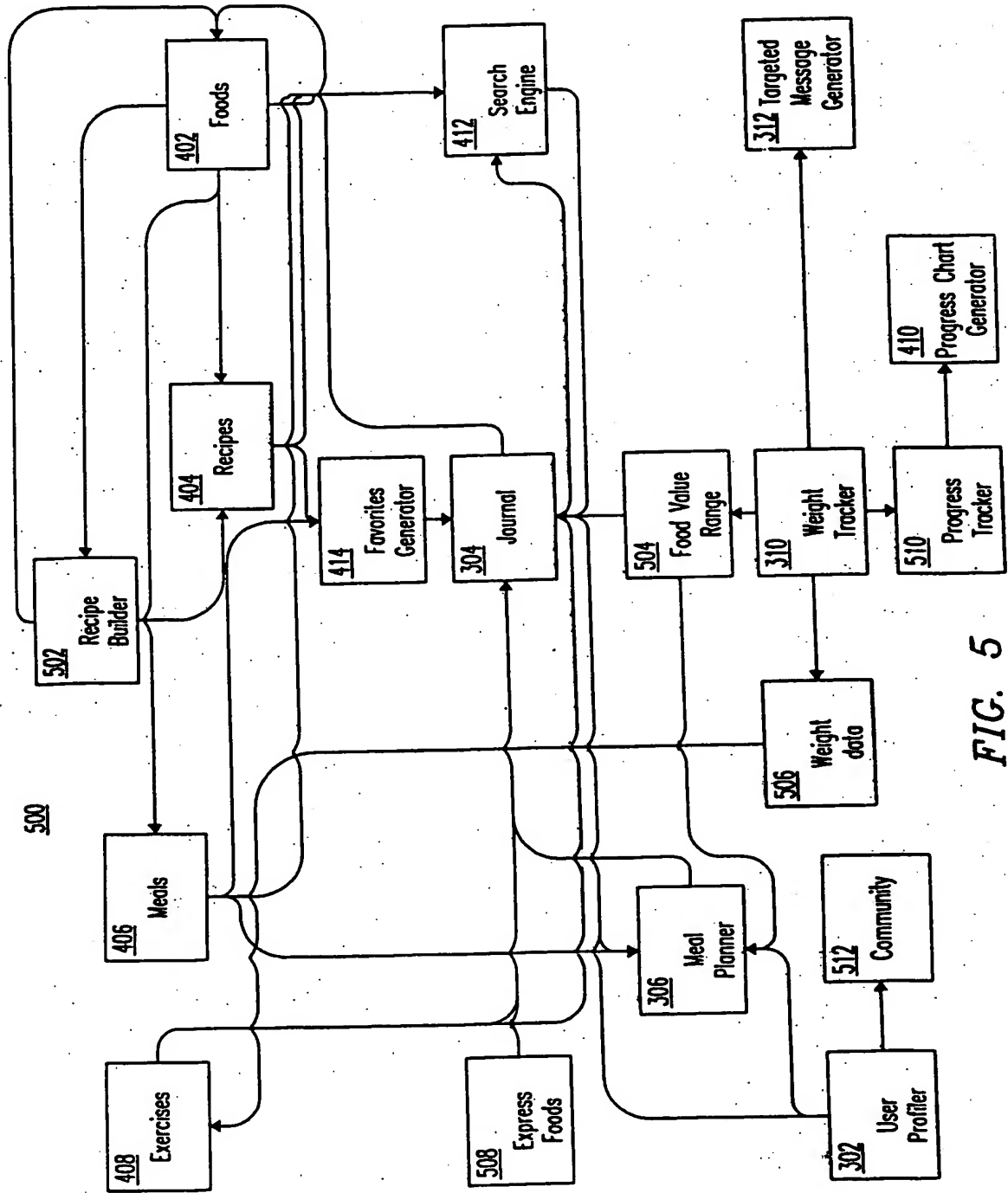


FIG. 5

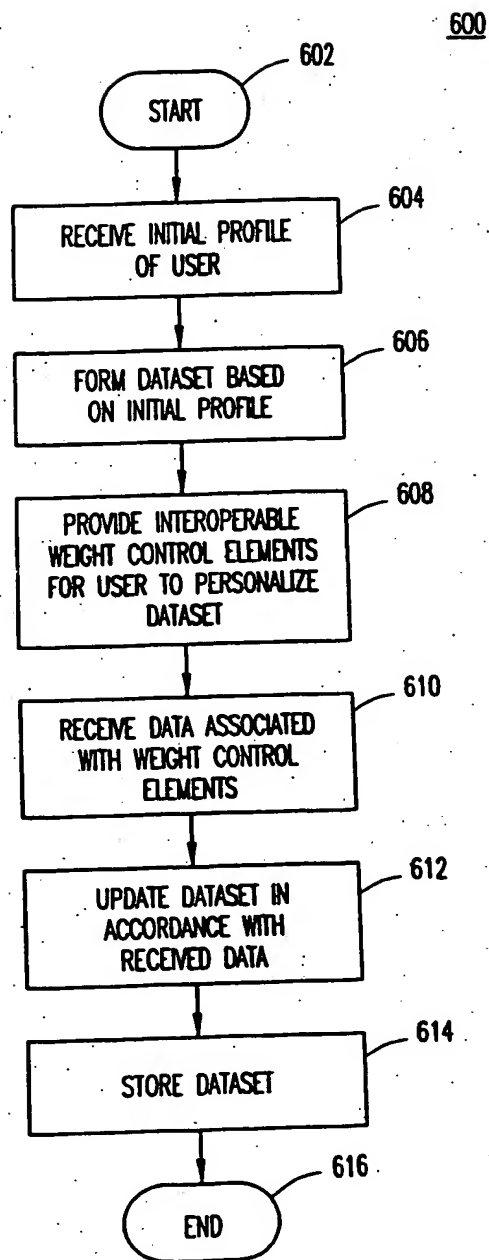


FIG. 6

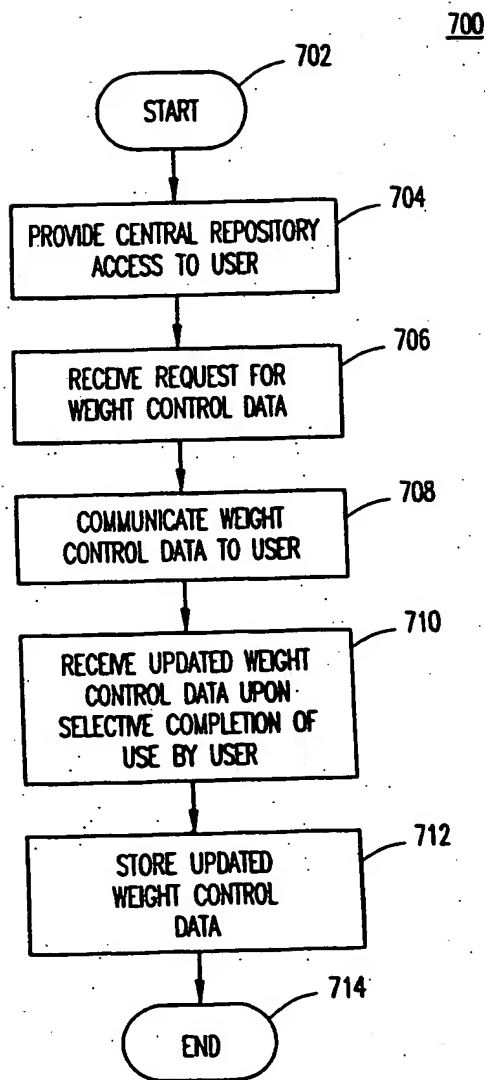


FIG. 7

8/28

800      802 → [find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#)      [LOGIN](#)

806 → [home](#)   [the plan](#)   [community](#)   [success stories](#)   [food & recipes](#)   [healthy life](#)   [fitness](#)   [just for me](#)   [shop](#)   [panic](#)      804

[Journal](#) | [Weight Tracker](#) | [Progress Charts](#) | [My Favorites](#) | [POINTS® Calculators](#) | [Assessment](#) | [Tools for Living](#) → 808

826

## step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

**Current Weight Information**      810

Current Weight: 223lb  
Height: 5'8"  
Gender: M  
Birthdate: 7/14/1966

---

Make changes to Weight Information

<p><b>Personal Information</b>      812</p> <p>First name: John Last name: Smith Address: 1 MAIN ST. City: Anytown State: NY Zip code home: 12345 Zip code work: 12346 Country: United States Phone: (212) 555-1234 E-mail: jsmith@workplace.com</p> <p>Receive information: No E-mail Weight Loss Progress: No E-mail Format: text Profession: Professional (e.g., doctor, lawyer) Marital status: Single Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765</p>	<p><b>Other Characteristics</b>      814</p> <p>Altitude: Generally Happy Athletic: Yes Eye color: Blue Hair color: Brown</p> <p><b>Other Demographics</b>      814</p> <p>Race: Caucasian Religion: Catholic Ethnicity: Irish Blood type: A+</p> <p><b>Health Restrictions</b>      816</p> <p>None</p> <p><b>Desired Meal Plan Type</b>      818</p> <p>Regular</p>
--	---

---

Make changes to Personal Information

**Payment Information**      822

Credit Card: Visa  
Credit card number: \*\*\*\*\*1111  
Expiration date: 2/2002  
Name as it appears on the card: John Q. Smith  
Billing Address: 1 MAIN ST.  
City: Anytown  
State: NY  
Zip code: 12345

---

Make changes to Payment Information

**Total Subscription Charges for**      824

Monthly Fee: \$8.00 x 6 = \$48.00  
Savings/Discount: \$0.00  
Taxes: \$0.00  
Total Charges: \$48.00

FIG. 8

9/28

900a

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing "http://".
- Page Header:** Contains navigation links: "find a meeting", "about us", "my profile", "site map", "help", and a "LOGOUT" button.
- Main Navigation:** A horizontal menu with links: "home", "my plan", "community", "success stories", "food & recipes", "healthy life", "fitness", "just for me", and "shop". A "panic" button is also present.
- Journal Section:**
  - my journal** (904a): Includes a date selector "Friday, Jan 25, 2002" (904b), a "Target: 27" (904c), a "Range: 22-27" (904d), and a "Bank: 3" (906).
  - Buttons:** "print day", "print blank journal", and "user guide".
- Form Section:**
  - Step 1:** "Select a meal time:" with radio buttons for "Morning" (920), "Midday", "Evening", and "Snack".
  - Step 2:** "To add food, you can either:"
    - Search our food database: Input field "toast" and a "FIND" button.
    - Select a favorite: "Select from My Favorites" dropdown and an "ADD" button.
    - Express it! Enter your food and its POINTS value: Input fields for "Food:" and "POINTS:", and an "ADD" button.
- Food Log Table:**
  - DELETE CHECKED ITEMS** (918) and **SAVE & BANK** buttons.
  - Check All** (910) and **Total Food POINTS used** (24).
  - Morning Section (912):**
    - 1 medium pear(s) (1 point)
    - 1 cup light artificially sweetened yogurt (2 points)
    - 1/2 cup General Mills Whole Grain Total (1 point)
    - 6 average almonds (1 point)
    - Subtotal: 5**
  - Midday Section:**
    - 6 oz baked potato (3 points)
    - 1 oz low-fat cheddar or colby cheese (1 point)
    - 1/2 cup cooked broccoli (0 points)
    - 2 cup mixed greens (0 points)
    - 1 tsp olive oil (1 point)
    - 1 tsp vinegar (0 points)
    - 1 medium orange(s) (1 point)
    - Subtotal: 6**
- Footer:** Includes "Need Help? Go to the Journal User Guide" and "Find tips from others on the Weight Watchers eTools Tip Exchange".

FIG. 9

10/28

1000

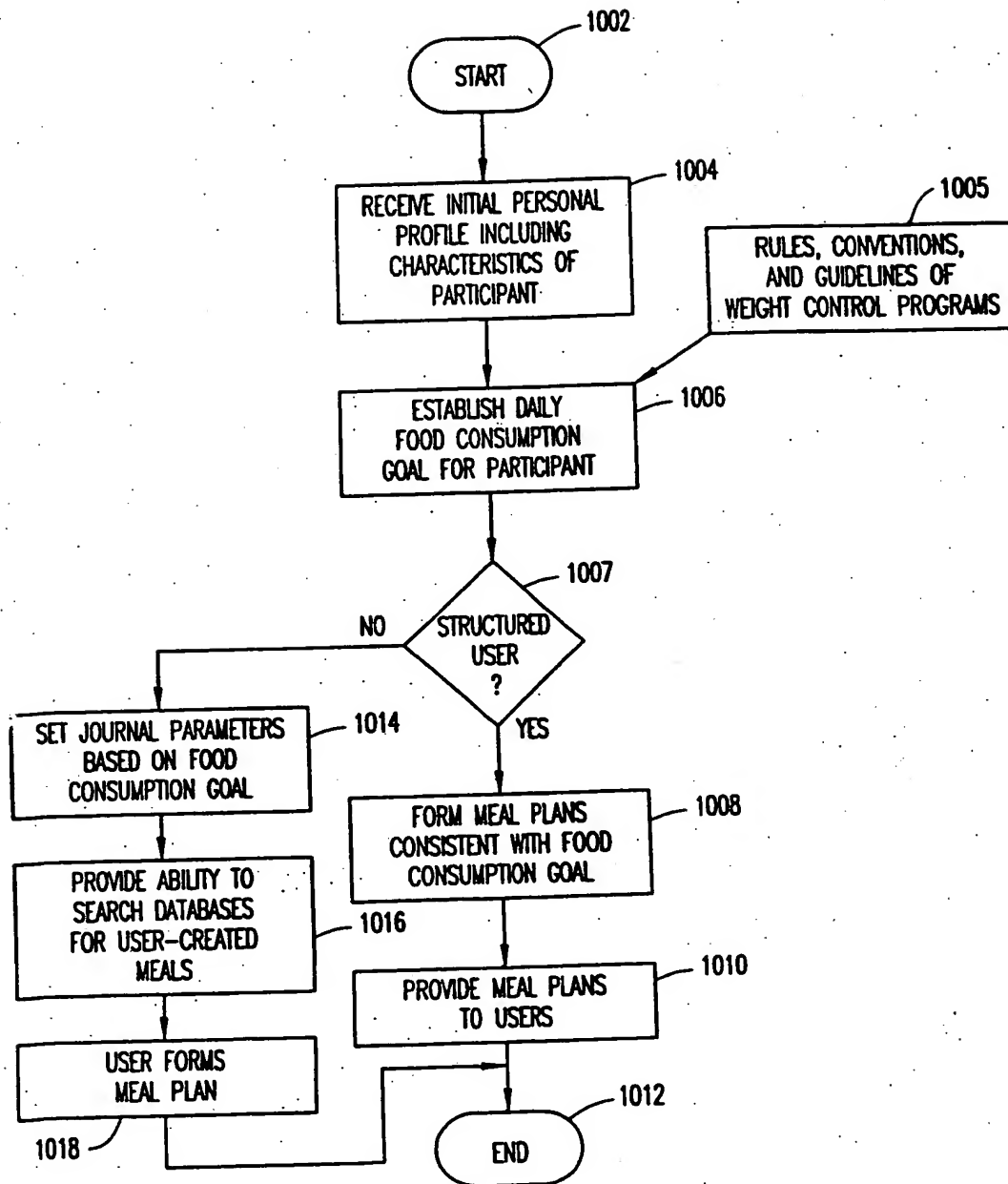


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

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**my journal** • Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

904b 906

**Add Food** **Add Exercise** **Notes** **Calendar**

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities:

1104   1106

- Select a favorite:

- Express It! Enter your food and its POINTS value:

Food:  POINTS:

[POINTS Calculator](#)

[Need Help? Go to the Journal User Guide](#) [Find tips from others on the eTools Tip Exchange](#)

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE	Subtotal 8
<b>Snack</b>	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
<b>Exercise</b>	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
<input type="checkbox"/> Water	<input type="checkbox"/> Multivitamin Supplement

Internet

FIG. 11

12/28

900c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting about us my profile site map help LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Journal Weight Tracker Progress Charts My Favorites POINTS<sup>®</sup> Calculators Assessment Tools for Living Intro to eTools

my journal 914 Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3 906 print day print blank journal user guide

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:  
☐ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:

- Search our food database
- Select a favorite:
- Express It! Enter your food and its POINTS value:  
 Food:  POINTS:

☐ POINTS Calculator

Need Help? Go to the Journal User Guide Find tips from others on the eTools Tip Exchange

Calculate POINTS for recipes and food combos (e.g., coffee, milk & sugar)

View your meal plans

DELETE CHECKED ITEMS SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

1102 Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

☐ 60 min jogging 7

Total Activity POINTS earned 7

Check off daily on these important items

Water 1204 ☐ Multivitamin Supplement

Fruits & Vegetables 1206 ☐ Milk & Milk Products

DELETE CHECKED ITEMS SAVE & BANK

Internet

FIG. 12

900d

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

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my journal [Friday, Jan 25, 2002](#) Target: 27 Range: 22-27 Bank: 0 [print day](#) [print blank journal](#) [user guide](#)

904d 906

Add Food Add Exercise Notes Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

- Today's date
- The journal day you are viewing
- Your scheduled weight tracking day
- journal is complete: POINTS are banked!

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [eTools Tip Exchange](#)

DELETE CHECKED ITEMS

SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

- ☐ 3 slice(s) crisp cooked bacon 4
- ☐ 2 large fried egg(s) 5
- MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

- ☐ 1 small serving(s) cooked lean beef steak 7
- ☐ 1 cup(s) fruit salad 2
- MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Internet

FIG. 13

1400

806e

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LOGOUT

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ponic

Articles | Recipes | Meal Plans | Recipe Renovation | Recipe Search | Recipe Builder

meal plans

808c

my 7-day meal plan

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1404

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide.](#)

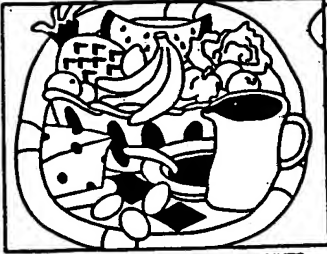
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Jan 23 - Jan 29



add plan to my journal

1402

POINTS

☒ WEDNESDAY 23

MORNING:

☐ Cheese Omelet 6

MIDDAY:

☒ Veggie Chili 5

EVENING:

☒ Apricot Turkey Br... 7

SNACK:

☒ Snacks and Treats 5

POINTS

☒ THURSDAY 23

MORNING:

☒ Almond Apricot Flakes 6

MIDDAY:

☒ Turkey Roll 5

EVENING:

☒ Orange-Lemon Scallops 7

SNACK:

☒ Throughout the Day 5

POINTS

☒ FRIDAY 24

MORNING:

☒ Yogurt Topped Fruit 5

MIDDAY:

☒ Cheese & Broc... 6

EVENING:

☒ Spicy Pork Soups 8

SNACK:

☒ Savory Snacks 5

POINTS

☒ SATURDAY 24

MORNING:

☒ From the Coffee Shop 5

MIDDAY:

☒ Grilled Swordfish... 6

EVENING:

☒ Indian Take-Out 8

SNACK:

☒ On the Go 5

POINTS

☒ SUNDAY 24

MORNING:

☒ Raisin Nut Flakes 6

MIDDAY:

☒ Turkey Sandwich w... 5

EVENING:

☒ Baked Beef Fajita 8

SNACK:

☒ Sweets and Treats 5

POINTS

☒ MONDAY 23

MORNING:

☒ Apricot Yogurt Sundae 5

MIDDAY:

☒ Super Salad 6

EVENING:

☒ Quick Bite Before... 7

SNACK:

☒ Crunchy Snacks 5

POINTS

☒ TUESDAY 24

MORNING:

☒ Apple-Almond Topp... 6

MIDDAY:

☒ Bacon & Grill... 5

EVENING:

☒ Turkey-Squash St... 8

SNACK:

☒ Sweet and Salty S... 5

[view next week's plan](#)

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add plan to my journal

need help?

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[Plan for Me-Plan](#)

[Special diet \(Regular\)](#)

[POINTS range 22-27](#)

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FIG. 14

15/28

1500a

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meal plans

## my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

[Cheese Omelet](#)

6

■ 3 medium egg white(s)

1

■ 1 tsp basil

0

■ 1 oz low-fat cheddar or colby cheese

1

■ 1 slice high-fiber bread

1

■ 1 cup canned fruit cocktail, packed in water

1

■ 1 cup low-fat milk

2

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

[Veggie Chili](#)

5

■ 1 cup Health Valley Mild Vegetarian Chili

2

■ 1 cup fresh vegetable sticks

0

■ 1 Tbsp reduced-calorie salad dressing

1

■ 1 cup grapes

1

■ 1 slice toasted wheat bread

1

■ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine

0

☒ EVENING:

[Swap for another meal?](#)

POINTS

[Apricot Turkey Breast with Cinnamon Squash](#)

7

■ 4 oz boneless, skinless turkey breast(s)

3

■ 1 Tbsp apricot jam

1

■ 1 tsp ground ginger

0

■ 3/4 medium acorn squash

2

■ 1/8 tsp ground cinnamon

0

■ 1 Tbsp light butter

1

■ 1 1/2 cup green snap beans

0

☒ SNACK:

[Swap for another meal?](#)

POINTS

[Snacks and Treats](#)

5

■ 1 cup 0-POINT soup

0

■ 1 cup fresh vegetable sticks

0

need help?

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• [meal planner profile](#)

Plan for the Plan

Special diet (Regular

POINTS range 22-27

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FIG. 15A

1500b

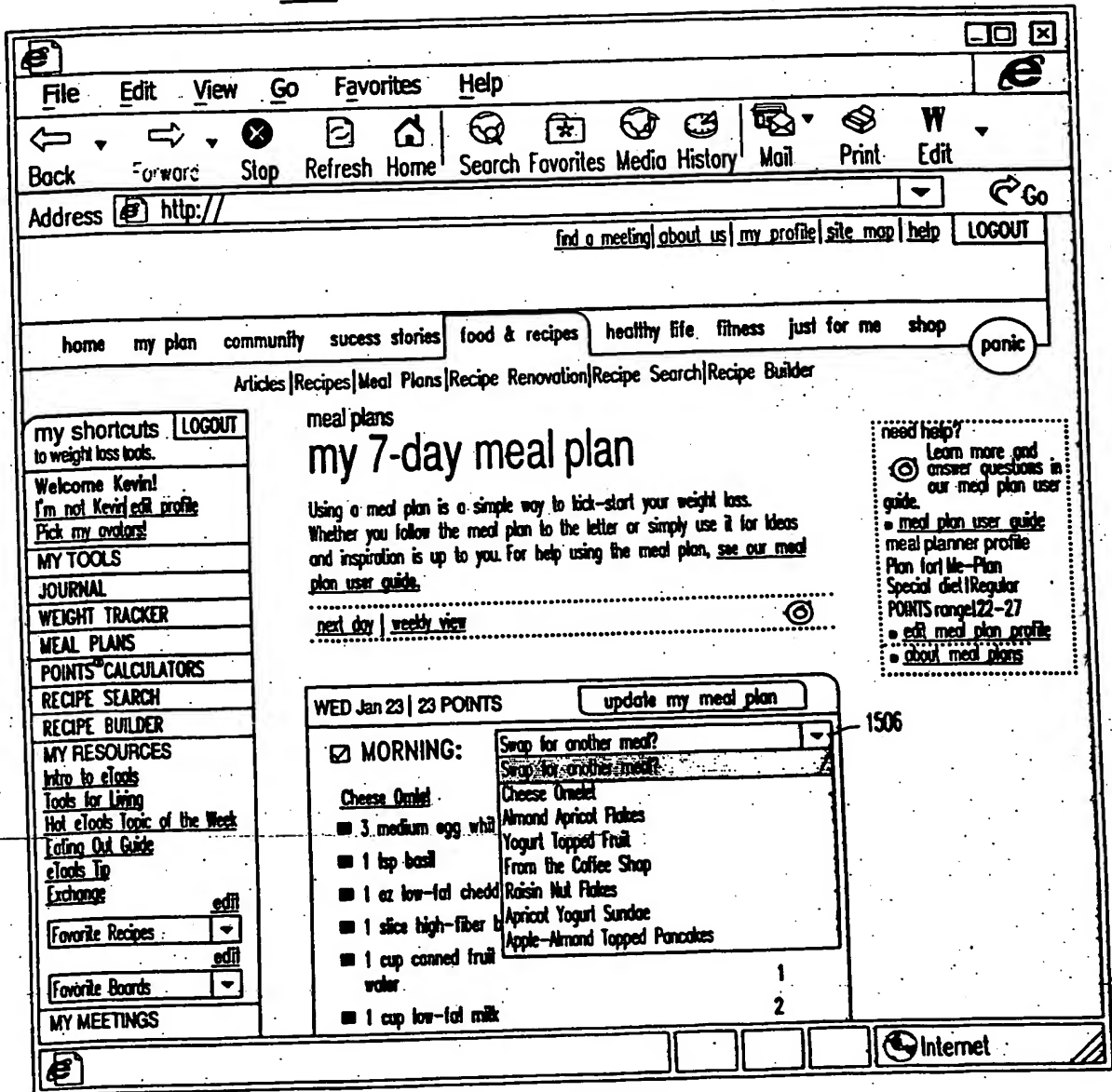


FIG. 15B

900e

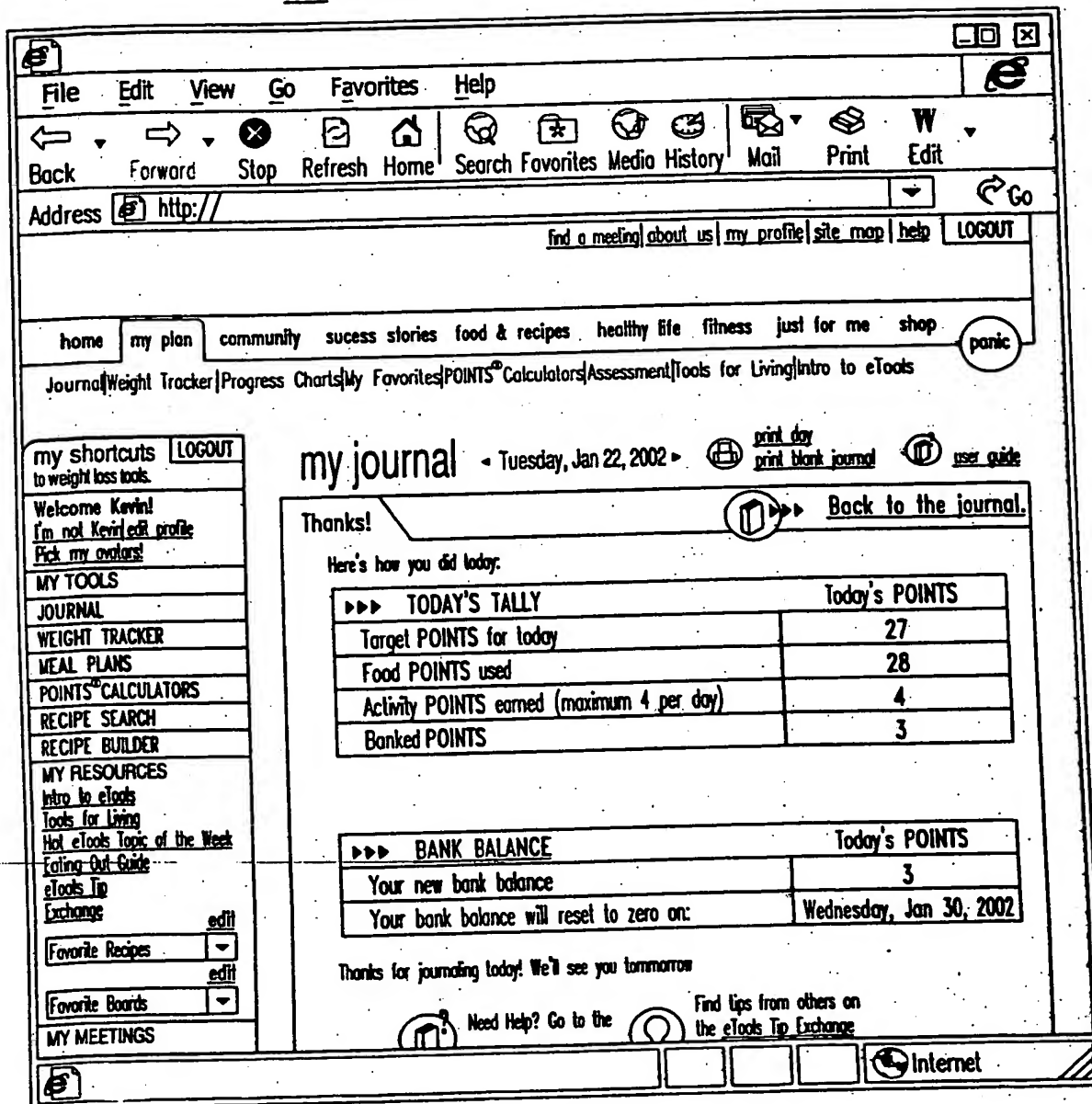


FIG. 16A

900f

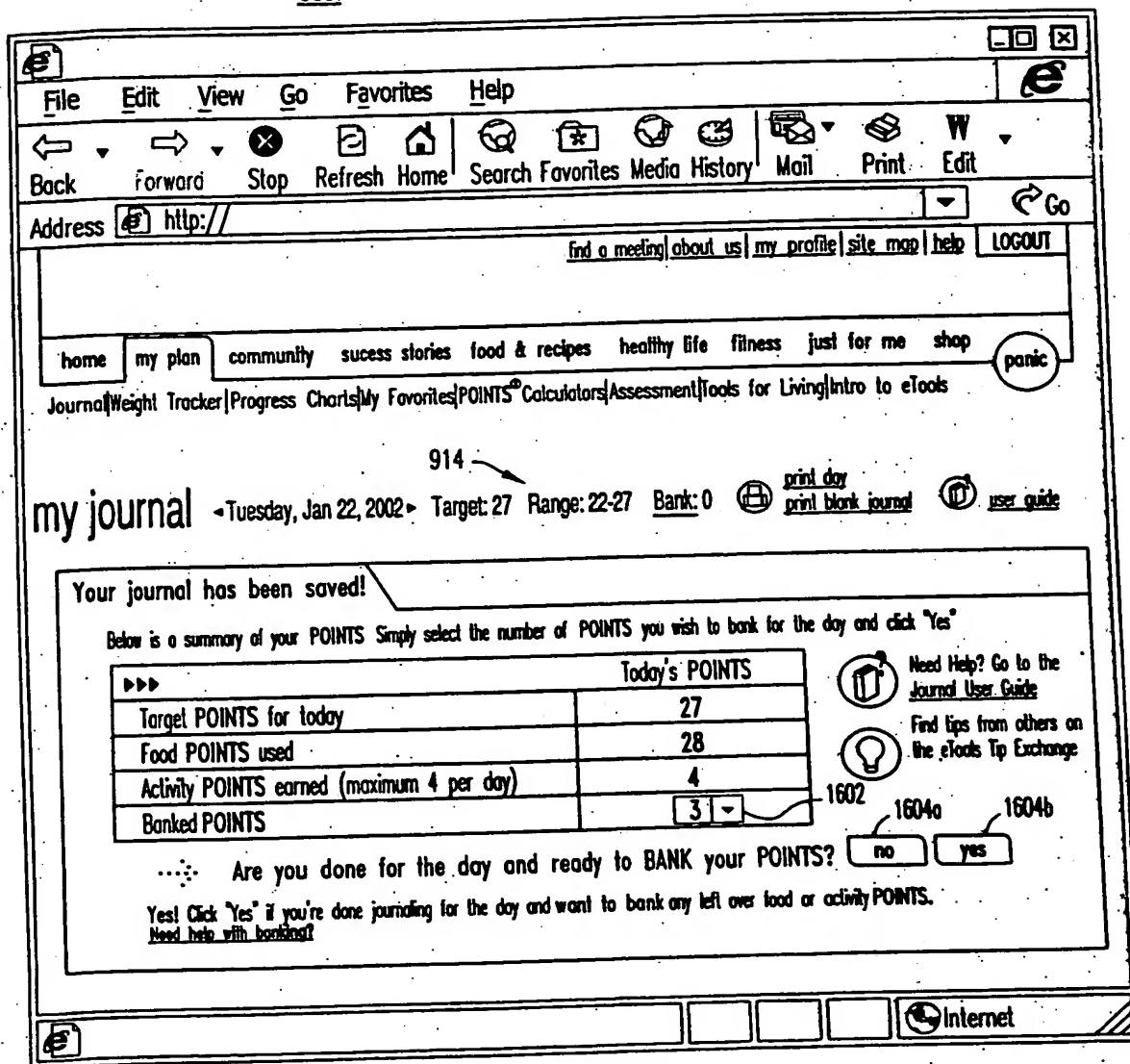


FIG. 16B

19/28

1700

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recipes

## results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 [prev](#) [next](#)

Browse

[All](#) [▼](#)

[FIND](#)

Search Keywords:

POINTS range:  to  [FIND](#)

Looking for mor options? [Refine your search.](#)

1702

Recipe, POINTS per serving

[Apple Braised Chicken](#), 5  
[Baked Chicken with Sun dried Tomato Sauce](#), 5  
[Barbecue Chicken and Black Bean Pizza](#), 7  
[Basque Chicken](#), 7  
[Chicken and Dumplings](#), 5  
[Chicken and Sausage Gumbo](#), 6  
[Chicken Burritos](#), 5  
[Chicken Enchiladas](#), 7  
[Chicken Fajitas](#), 6  
[Chicken Fingers with Barbecue Sauce](#), 5  
[Chicken in Apricot Sauce](#), 5  
[Chicken Jambalaya](#), 6  
[Chicken Mole Wings](#), 7  
[Chicken Poella](#), 7  
[Chicken Parmigiana Sandwich](#), 6  
[Chicken Poppers](#), 6  
[Chicken Pot Pie](#), 6  
[Chicken Salad in Whole-Wheat Bread Bowl](#), 5  
[Chicken Sauté with Pine Nuts](#), 6  
[Chicken Stewed with Artichokes and Tomatoes](#), 5

Course

Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals, Soups  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Sandwiches  
Main Meals, Side Dishes  
Main Meals  
Main Meals  
Main Meals  
Main Meals

Time

55 min  
30 min  
30 min  
45 min  
40 min  
33 min  
37 min  
60 min  
25 min  
22 min  
45 min  
50 min  
31 min  
330 min  
35 min  
20 min  
65 min  
20 min  
25 min  
50 min

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FIG. 17

20/28

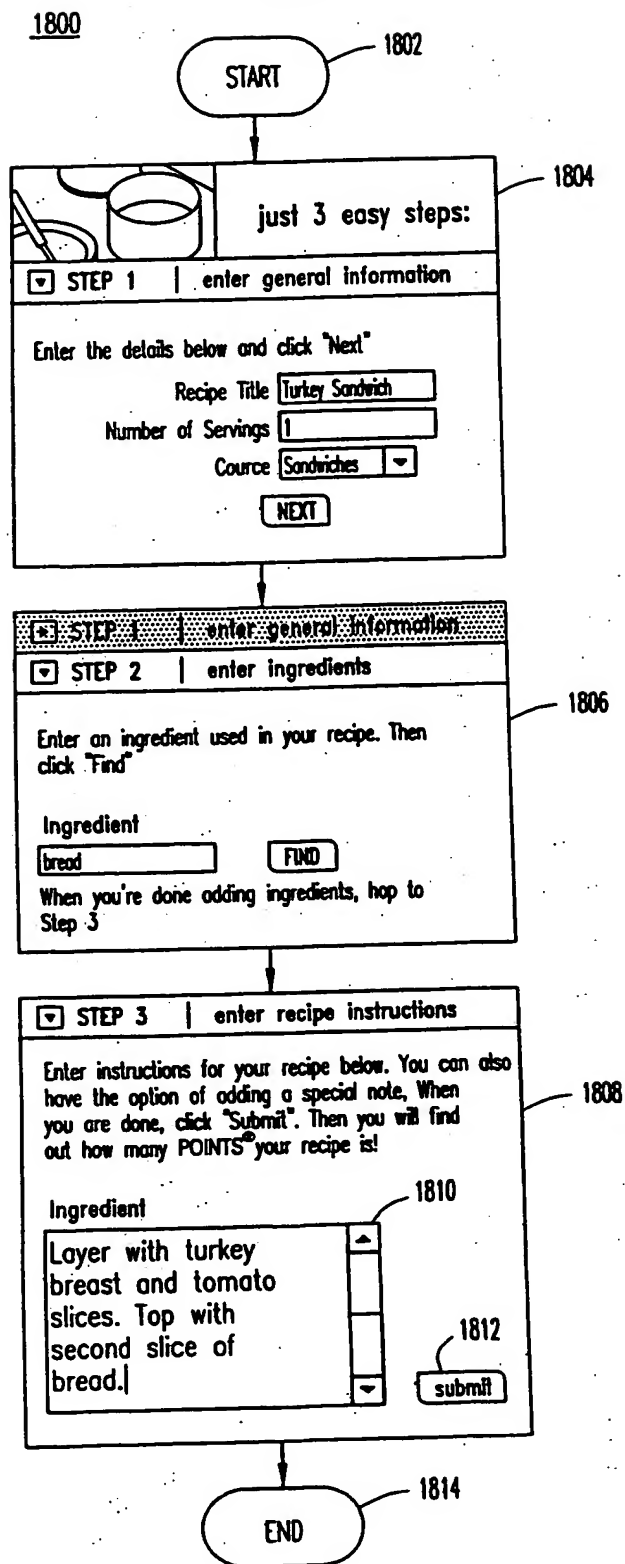


FIG. 18

806b

1900

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[Favorite Boards](#)

MY MEETINGS

7/5/2002 | [edit](#)

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weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones: 5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

ENTER PREVIOUS WEIGHT

health & safety

getting to weight goal

learn more, weigh less

weight and weight-loss efforts can affect your health.

Whether you lost big this week or were a little disappointed,

remember to take time out to get inspired all over again.

from weight-loss experts and fellow dieters alike!

What's your BMI

18 Ways to Reward Yourself

Create a Motivating Strategy

The Great Weight-In

20 Weight Loss Tips (from Real Meeting-Goers!)

4 sticks of butter

weight loss profile

Starting weight: 223

10% difference: 200.7

Weight goal: 150.9

Weight lost: 2

edit my profile

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries.

Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

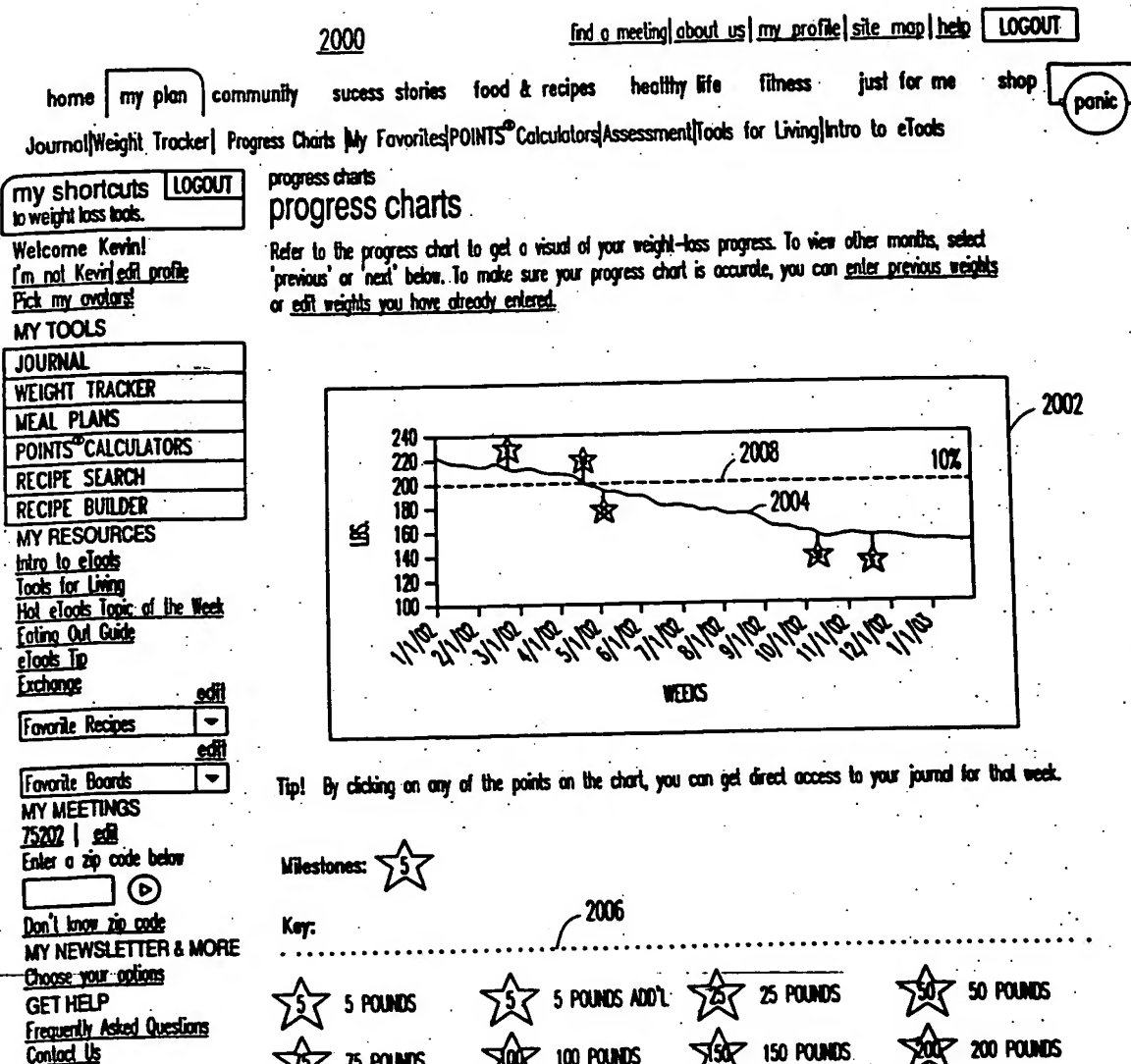


FIG. 20

2100

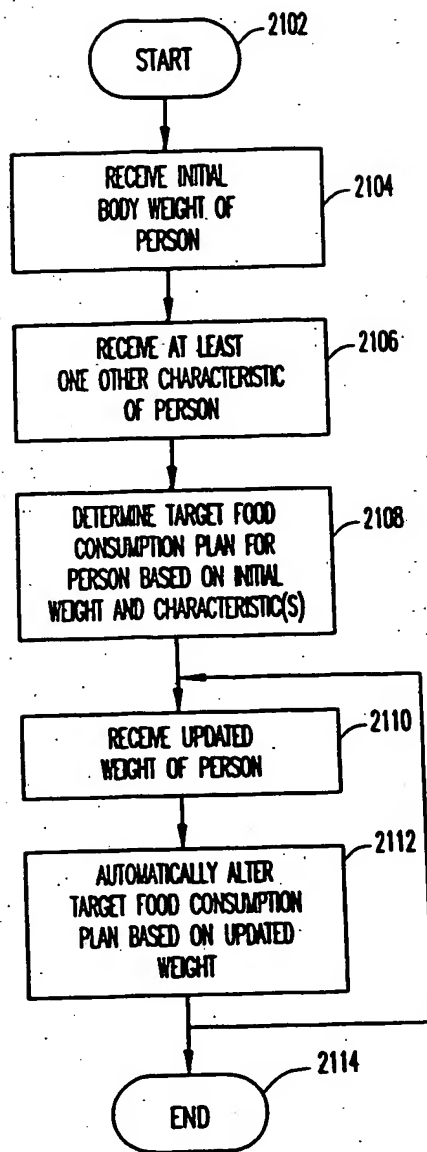


FIG. 21

2200
[find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) | [LOGOUT](#)

[home](#) | [my plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#)

826

panic

my shortcuts

to weight loss tools.

LOGOUT

Welcome Kevin!

I'm not Kevin! [edit profile](#)

[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS<sup>SM</sup> CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)  
[Tools for Living](#)  
[Hot eTools Topic of the Week](#)  
[Eating Out Guide](#)  
[eTools Tip](#)  
[Exchange](#)

Favorite Recipes

edit

Favorite Boards

edit

MY MEETINGS

7/5/02 | [edit](#)

Enter a zip code below

▶

Don't know zip code

MY NEWSLETTER & MORE

Choose your options

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[Contact Us](#)

don't panic!

...we know how hard it can be.

Never trade what you want at the moment  
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)

- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight loss.

- [find a meeting](#)

get help

Paniccing cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

2202

FIG. 22

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting about us my profile site map help LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop

Journal Weight Tracker Progress Charts My Favorites POINTS<sup>®</sup> Calculators Assessment Tools for Living Intro to eTools

my shortcuts to weight loss tools LOGOUT

Welcome Kevin!  
I'm not Kevin edit profile  
Pick my avatars!

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

Intro to eTools

Tools for Living

Hot eTools Topic of the Week

Eating Out Guide

eTools Tip

Exchange edit

Favorite Recipes edit

Favorite Boards edit

MY MEETINGS

75202 | edit

Enter a zip code below

Don't know zip code

MY NEWSLETTER & MORE

Choose your options

GET HELP

Frequently Asked Questions

Contact Us

my profile

edit public profile

Select another page in my profile

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

2304

make public

2302

User name: John Smith

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g. doctor, lawyer)

Astrological sign: Cancer

My home page: http://www.workplace.com

Astrological sign: Beam me up, Scottie

submit

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 223 lbs

Current weight: 221 lbs

Weight goal: 150 lbs

2306

submit

Internet

FIG. 23

2400a

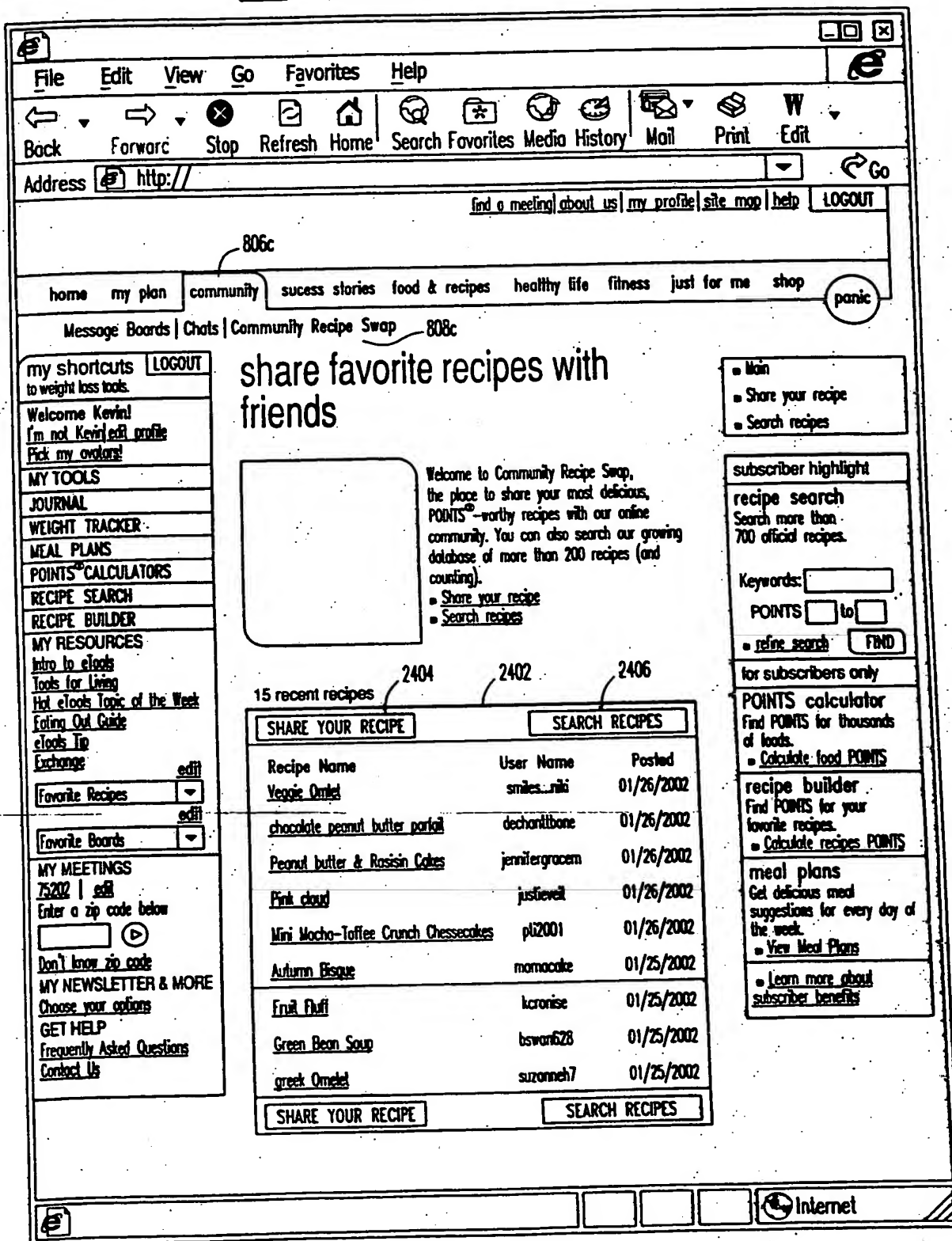


FIG. 24A

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media History, Mail, Print, and Edit. The address bar shows 'http://'. The page content includes a navigation bar with links like 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A sidebar on the left contains 'my shortcuts' (Logout, Welcome Kevin!, I'm not Kevin! edit profile, Pick my avatars!), 'MY TOOLS' (JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER, MY RESOURCES), and 'MY MEETINGS' (7/5/02 | edit, Enter a zip code below, Don't know zip code, MY NEWSLETTER & MORE, Choose your options, GET HELP, Frequently Asked Questions, Contact Us). The main content area is titled 'community recipe swap' and 'share your recipe'. It includes a paragraph about sharing recipes and a form with fields for Recipe Title (2408), From the Kitchen at (2410), Meal Course (Breakfast, 2412), Number of Servings (2414), Estimated POINTS per serving (2416), Ingredients (2418), Instructions (2420), and Special Notes (2422). At the bottom are 'RESET' and 'SUBMIT' buttons (2424). A status bar at the bottom shows 'Internet'.

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address  http://

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#)

home my plan **community** success stories food & recipes healthy life fitness just for me shop

Message Boards | Chats | Community Recipe Swap **community recipe swap**

**share your recipe**

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit." Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS?

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

Recipe Title:

From the Kitchen at:

Meal Course:

Number of Servings:

Estimated POINTS per serving:

Ingredients:

Instructions:

Special Notes:

Internet

FIG. 24B

2400c

The screenshot shows a web browser window with a standard menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home) and utility buttons (Search, Favorites, Media, History, Mail, Print, Edit). The address bar shows 'http://'. Below the address bar, there are links for 'find a meeting', 'about us', 'my profile', 'site map', 'help', and a 'LOGOUT' button.

The main content area features a navigation bar with links: 'home', 'my plan', 'community' (labeled 806c), 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', 'shop', and a 'panic' button. Below this is a section for 'Message Boards | Chats | Community Recipe Swap' (labeled 808c).

The central focus is the 'community recipe swap' section, titled 'share your recipe'. It includes a prompt to 'Browse or search more than 2000 user-recommended recipes below.' and a search interface with a 'browse recipes' dropdown (labeled 2426) and a 'FIND' button. Below this is a 'search' section with radio buttons for 'recipe name' (labeled 2428a) and 'user name' (labeled 2428b), an 'Enter Name:' field, and a 'FIND' button. A 'refine search' section (labeled 2430) allows users to search by combination of categories, with a note that more options lead to more refined results. It includes a 'Meal Course' section with checkboxes for Beverages, Light Meals, Side Dishes, Breakfast, Main Meals, Snacks, Cakes, Sandwiches, Soups, Desserts, and Sauces (labeled 2434). There is also a 'Posting Date' section (labeled 2436) with a dropdown for 'All Dates' (labeled 2438) and a 'FIND' button.

On the left side, there is a 'my shortcuts' section with links to 'weight loss tools', 'Welcome Kevin!', 'I'm not Kevin! edit profile', 'Pick my avatars!', 'MY TOOLS', 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER', 'MY RESOURCES', 'Intro to eTools', 'Tools for Living', 'Hot eTools Topic of the Week', 'Eating Out Guide', 'eTools Tip', 'Exchange', 'Favorite Recipes', 'Favorite Boards', 'MY MEETINGS', '75202 | edit', 'Enter a zip code below', 'Don't know zip code', 'MY NEWSLETTER & MORE', 'Choose your options', 'GET HELP', 'Frequently Asked Questions', and 'Contact Us'.

On the right side, there is a 'subscriber highlight' section with links to 'Main', 'Share your recipe', and 'Search recipes'. Below this is a 'recipe search' section with the text 'Find what you're craving Search more than 700 official recipes.' and links to 'Go to Recipe Search' and 'Learn more about subscriber benefits'. Further down is a 'for subscribers only' section with a 'POINTS calculator' (Find POINTS for thousands of foods, Calculate food POINTS), a 'recipe builder' (Find POINTS for your favorite recipes, Calculate recipes POINTS), and a 'meal plans' section (Get delicious meal suggestions for every day of the week, View Meal Plans). At the bottom of the right sidebar is a link to 'Learn more about subscriber benefits'.

FIG. 24C